



The National Survey of Children's Health

Overweight and Physical Activity Among Children:
A Portrait of States and the Nation 2005

Montana

All statistics are based on parental reports.

National %	State %	
14.8	11.1	Percent of children who are overweight
21.9	17.7	Age 10-11
14.4	9.0	Age 12-14
10.7	9.3	Age 15-17
22.4	22.6	0-99% Federal poverty level
19.0	6.3	100-199% Federal poverty level
13.7	10.9	200-399% Federal poverty level
9.1	9.9	400% Federal poverty level or more
18.1	14.9	Male
11.5	7.0	Female
		Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week
71.3	76.4	
78.2	83.6	Age 10-11
74.2	81.6	Age 12-14
63.3	67.9	Age 15-17
76.8	79.1	Male
65.6	73.6	Female
		Percent of children who were on a sports team or took sports lessons during the past 12 months
58.6	67.6	
61.5	67.8	Age 10-11
61.6	77.7	Age 12-14
53.4	58.7	Age 15-17
62.1	70.1	Male
55.0	65.1	Female
72.9	80.1	Percent of children with at least one parent who exercises regularly